



**DHEC's Office of Solid Waste Reduction and Recycling**

**For Your Information...**

## **Things You Can Do to Protect the Environment**

### **At Home in the Kitchen**

- Participate in your local recycling program.
- Place kitchen scraps in a compost pile. Do not include bones or meat.
- Use cloth napkins instead of paper napkins. If you use paper napkins, compost them.
- Use reusable plates and utensils instead of disposable ones.
- Use reusable containers to store food instead of aluminum foil and cling wrap.
- Reduce your use of household products that are hazardous or toxic. To understand the product's hazard, read the label. If you need to use such products, make sure you use all that you buy.

### **Elsewhere in Your Home**

- Install water-saving devices on your showers, faucets and toilets.
- Turn off the water while brushing your teeth.
- Buy rechargeable batteries for devices that are used frequently.
- Reuse packaging cartons and shipping materials. Old newspapers also make excellent packaging materials.
- Reduce the amount of unsolicited mail you receive. Contact the Mail Preference Service to remove your name from mailing lists at:

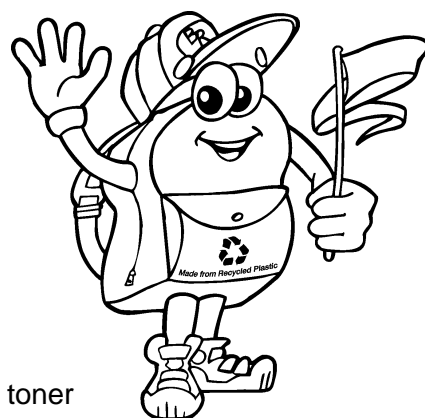
**Mail Preference Service  
Direct Marketing Association**  
11 West 42<sup>nd</sup> Street  
PO Box 38621  
New York, New York 10163-3861

### **When Shopping**

- Bring your own canvas bag instead of using a paper or plastic bag.
- If you buy only one or two items, tell the cashier that you don't need a bag.
- Purchase products in bulk.
- Buy things like liquid washing detergent and fruit juices in concentrate.
- Avoid products with several layers of packaging when only one is sufficient. About 33 percent of what we throw away is packaging.
- Avoid disposable products. Buy products that will have a longer life or that can be reused over and over again.

Here is a list of generic recycled content products that you can buy for your school or office:

- Copier and printer paper
- Legal pads
- Notepads
- Envelopes
- Pencils
- Pens
- Rulers
- Transparencies
- Remanufactured toner cartridges
- Bulletin boards
- Remanufactured office furniture
- Rechargeable Ni-Cd batteries



## In Your Car

- Walk or ride a bicycle whenever possible.
- Keep your car tuned and check the air in your tires for better fuel efficiency.
- Car pool whenever possible. It helps keep the air clean by reducing emissions.
- Use public transportation whenever possible.
- Use litter and recycling bags in your car. Remember to recycle single-serve beverage containers.
- Recycle your used oil, filter, motor oil bottles, tires and car batteries.

## In the Yard

- Grasscycle by leaving grass clippings on the lawn. As they decay, they release nutrients that improve the soil.
- Compost your leaves and yard debris in your own backyard. The finished compost can be used to plant vegetables and flowers.
- Use recycled wood chips as mulch to keep weeds down, retain moisture and prevent erosion.
- Yard debris that is too large for your compost bin should be taken to a yard debris recycler. If your city/county disposes of yard waste in a landfill, urge elected officials to stop this wasteful practice.



## At School and Work

- Copy and print on both sides of the paper.
- Reuse items like envelopes, folders and paper clips.
- Use mailer sheets for interoffice mail instead of an envelope.
- Set up a bulletin board for memos instead of sending a copy to each employee.
- Use e-mail instead of paper correspondence.
- Ensure all electrical equipment is shut off in the evening to save energy.
- Encourage your school/company to use recycled content paper.
- Encourage your school/company to have documents printed using soy based inks. If you have a print shop, ask them to make this an option. Soy based inks are less toxic.
- Make use of discarded paper by using it for scratch paper.
- Set up a school or office recycling program.

## On Vacation

- When staying in hotels for extended visits, set up a schedule with the hotel to wash sheets and towels. They don't need to be changed every day.
- The same goes for all of the toiletry items.
- If you do open the little shampoo, conditioner or mouthwash bottles, keep them in your travel kit for those times when you forget your own.
- Encourage the hotel to set up a recycling program. Tell them you would like to see it the next time you stay with them.

This is a list of some of the ideas that are known to work. Some of these ideas will be practical for you, while others will not. Your success will depend on your ability to use these suggestions and integrate them with your own ideas. If you are unsure about something, please call DHEC's Recycling Hot Line at **1-800-768-7348**.



DHEC's Office of Solid Waste Reduction and Recycling FYIs provide general information on environmental topics. Readers are encouraged to reproduce this material. For more information about solid waste issues, please call **1-800-768-7348** or visit our Web site at **www.scdhec.net/recycle**. Please send written correspondence to: DHEC's Office of Solid Waste Reduction and Recycling, 2600 Bull Street, Columbia, SC 29201.